

FITNESS

Pedometers Help Walkers Stay on Track

How many steps do you take each day?

The U.S. Surgeon General recommends 10,000, but most Americans do half that. Pager-size devices called pedometers are helping more people hit their strides and lose a few pounds by making each step count. Walking is one of the easiest ways for people to get started in physical activity.

Many people feel they don't have time to exercise. When they use pedometers, they discover they already walk more than they thought. They help you get over the guilt and make you see that you don't have to do that much more to meet the 10,000-step goal.

Pedometers are motivational gadgets designed to cure the ills of a society grown slothful in part because of gadgets, from garage door openers to TV remotes to "the clapper" to turn off lights. Ranging in price from \$10 to \$40 (though fancy ones with pace per mile and other features can cost \$200 and up), pedometers clip on and keep track of steps. A spring-suspended arm moves up and down with each rotation of the hip. All the wearer has to do is walk.

Prevention Partners has pedometers for the price of \$3.60. It is important to add physical activity into your daily activities. Below is an order form you can copy and mail into Prevention Partner to order a pedometer.

Pedometer Order Form

Please Print

Name: _____ Price: **\$3.60** (Price Includes Tax)

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Work Telephone: _____ Home Telephone: _____

E-mail: _____

Make check payable to Employee Insurance Program (EIP). Do not send cash.

Mailing Address: Prevention Partners, 1201 Main Street – Suite 830, Columbia, SC 29201

